

CLAIMS

1. A dietary planning method and apparatus including

a plurality of mini-blocks each being identifying a nutrient of a food

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wherein each mini-block has means to identify a particular food which includes the nutrient signified by the mini-block and

wherein each mini-block also represents a specific parameter of the food containing the nutrient.

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and further wherein a plurality of mini-blocks can be combined to form a block to visually display a balanced program of the selected macronutrients.

15 2. The dietary planning method and apparatus as claimed in claim 1, wherein the specific parameter on each mini-block is the number, size, composition or volume of the food.

3. The dietary planning method and apparatus as claimed in claim 1, wherein each mini-block is coloured to represent carbohydrate, protein or fat nutrients.

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4. The dietary planning method and apparatus as claimed in claim 3, wherein the colours on the mini-blocks are green for carbohydrate, brown for protein and yellow for fat nutrients.

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5. The dietary planning method and apparatus as claimed in claim 1, wherein the mini-blocks include identification means to indicate whether the food signified by the mini-block is favourable, not favourable, or a fair choice.

30 6. The dietary planning method and apparatus as claimed in claim 1, wherein each mini block comprises a physical entity.

7. The dietary planning method and apparatus as claimed in claim 6, wherein each mini-block includes a substance which can be magnetized..

8. The dietary planning method and apparatus as claimed in claim 1, including a
5 template on which the mini-blocks can be stored and/or displayed.

9. The dietary planning method and apparatus as claimed in claim 1, wherein each mini block is an electronically simulated unit.

10 10. In another aspect the invention is a dietary planning method and apparatus including

a template having at least one row of spaces, each space in a row being identified to signify an amount of carbohydrate nutrient or a protein nutrient or a fat nutrient of a food, and

15 a plurality of mini-blocks with each mini-block being identified to signify a carbohydrate nutrient or a protein nutrient or a fat nutrient of a food

wherein each mini-block has means to identify a particular food which includes the nutrient signified by the mini-block and

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wherein each mini-block also represents a specific parameter of the food containing the nutrient.

25 and further wherein the mini-blocks can be located on the template and combined to form a block to visually display the selected food macronutrients.

11. The dietary planning method and apparatus as claimed in claim 10, wherein the specific parameter is the number, size, content or volume of the food.

12. The dietary planning method and apparatus as claimed in claim 10, wherein the mini-blocks and the spaces on the template are coloured to represent the specific nutrient.
- 5 13. The dietary planning method and apparatus as claimed in claim 10, wherein the template includes an area for storing the mini-blocks prior to their being moved onto the spaces on the template.
- 10 14. The dietary planning method and apparatus as claimed in claim 10, wherein the area for storing mini-blocks comprises a plurality of spaces which are identified to represent foods and/or macronutrients for foods.
- 15 15. The dietary planning method and apparatus as claimed in claim 12, wherein the colour on each mini-block is selected to represent a carbohydrate, or a protein or a fat nutrient.
- 20 16. The dietary planning method and apparatus as claimed in claim 15, wherein the colour on each mini-block is green to signify carbohydrate, brown to signify protein and yellow to signify fat nutrients.
- 25 17. The dietary planning method and apparatus as claimed in claim 12, wherein at least one space on the template is coloured to signify a carbohydrate, or a protein of a fat nutrient.
- 30 18. The dietary planning method and apparatus as claimed in claim 10, wherein at least one mini-block includes identification means to indicate whether the food signified by the mini-block is favourable, not favourable, or a fair choice.
19. The dietary planning method and apparatus as claimed in claim 10, wherein the template is magnetisable and each mini-block includes a material capable of being magnetised.

20. The dietary planning method and apparatus as claimed in claim 10, wherein the template and the min-blocks are electronically simulated shaped generated by a computer program.